

**To use a combination of bilateral stimulation and sand play in psychotrauma therapy has high therapeutic effectivity.**

**These are the proceedings:**

- **externalization:** the sand play arrangement recalls and symbolizes the trauma complex at the same time.
- **triangulation:** the persona / the conscious self witnesses trauma and resources from a distant viewpoint.
- **proportions:** the big persona looks at the small sand play figures in the arrangement of her traumatic complex.
- **grounding:** the sand play is created in an upright standing position, feet on the ground, moving, sensing.
- **control:** acting and creating out of his/her self healing capacities (in Jungian terms: out of his/her Self) the patient is in charge of changing his/her trauma related memory.
- **stress management:** the therapist takes over in helping the patient modulating his/her impaired stress management.